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## DANCING TO THE CANADA DAY BEAT

Winnipeg's Dancin' Gabe took off his dancing shoes and donned his finest Canada Day attire for a walk down Osborne Street during the village's annual Canada Day street festival Monday. Send your Canada Day pics to [winnipeg@metronews.ca](mailto:winnipeg@metronews.ca) to be part of our online gallery! SHANE GIBSON/METRO

## PST is now the make-kids-cry tax, critic says

**Provincial Sales Tax goes up to 8%. NDP dishes out a Canada Day present some would love to return**

ELISHA  
DACEY

elisha.dacey@metronews.ca

Call it the worst birthday present ever.

Manitoba's Provincial Sales Tax went up on Canada Day, July 1, by one percentage point to eight per cent.

But the Manitoba Progressive Conservative Party urged people to hold onto their receipts.

"Bill 20 must be passed before the PST increase is law, and that hasn't happened yet," said PC leader Brian Pallister in a press release. "It could be days, weeks or even months before Bill 20 passes, and it's

possible it never will.

"In the meantime, it might be wise to hold onto your receipts, because if Bill 20 never passes you could be eligible for a refund. It would be a shame not to be able to collect it."

The Manitoba Legislature has been wrangling for weeks over Bill 20, which includes a one percentage point increase to the PST. Premier Greg Selinger has said the increase is necessary to help pay for flood costs and infrastructure.

Colin Craig of the Canadian Taxpayers Federation said he would be available for interviews "as the PST ... begins making little kids cry as the cost of their ice cream cones on Canada Day goes up."

He later joked on Twitter that he had calls from 25 children who were going to go across the border to Saskatchewan for cheaper ice cream.



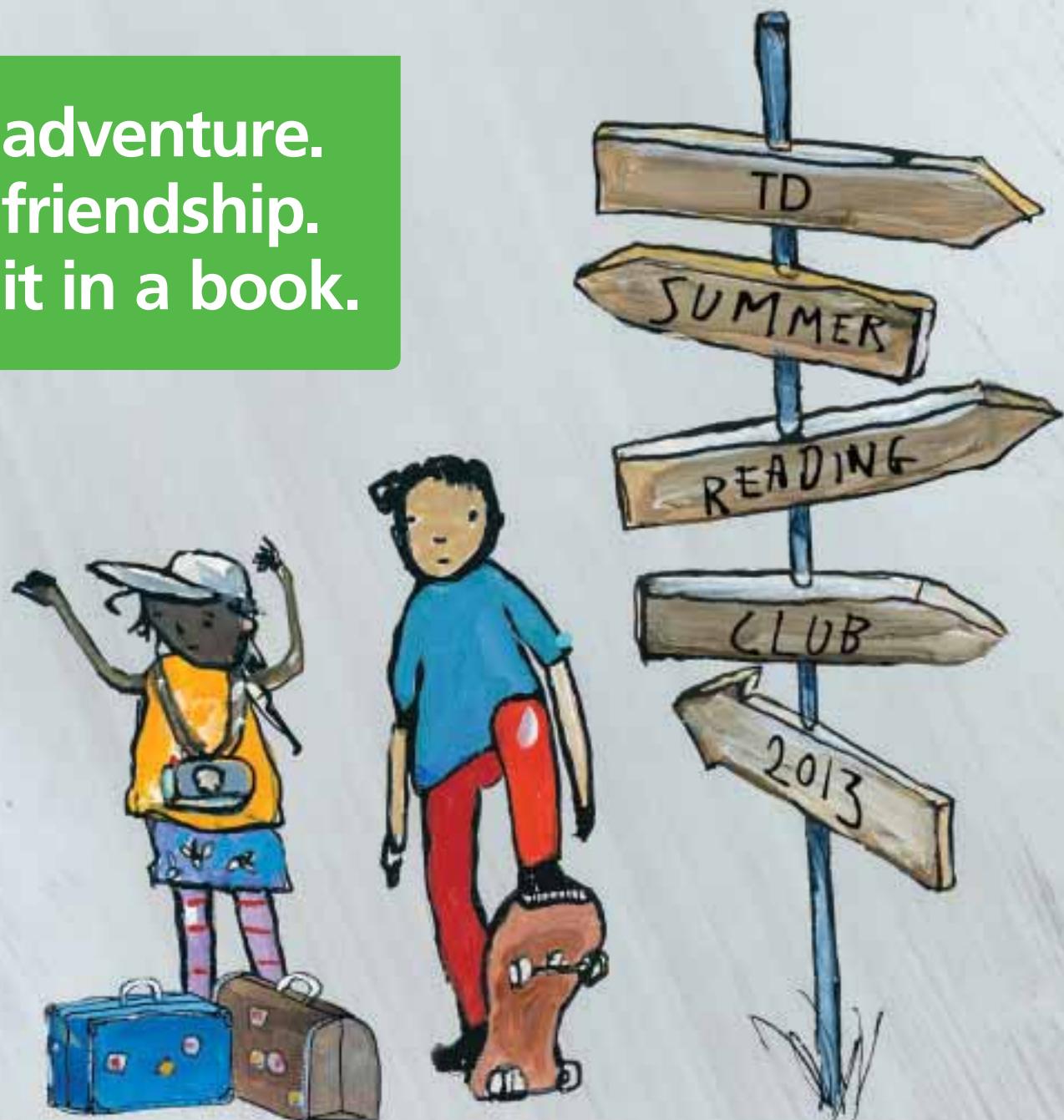
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Bloody weekend

## Three days off, three homicides in Winnipeg

Winnipeg police have made arrests in two of the three homicide cases the city has seen in one of the bloodiest weekends detections have seen this year.

Police announced Monday Naomi Shianne Ross, 18, has been charged with second-degree murder in connection to the death of Brian O'Donnell, 68, who was found suffering life-threatening injuries near his home in the 300 block of Langside Street around 5:30 a.m. Sunday.

Police said O'Donnell had been confronted and stabbed near his home, and later died in hospital.

Monday's arrest comes a day after Anton Joseph Biggeorge, 22, was arrested and charged with second-degree murder and attempted murder in connection to the stabbing death of John James Allan Lund, 25, early Saturday.

Lund and another man were found stabbed in the 400 block of Pritchard Avenue around 2:15 a.m. after a fight at a party.

Both men were taken to hospital with life-threatening injuries, where Lund died. The other man has since been upgraded to stable condition.

There have been no arrests yet in the weekend's third homicide, the stabbing death of Michael James Flett, 30, early Saturday.

Flett was found suffering from stab wounds in the 400 block of Manitoba Avenue around 4:30 a.m. and died in hospital.

SHANE GIBSON/METRO

# WHS to get money for cat licensing

The Winnipeg Humane Society looks to be the beneficiary of a change to the proposed Responsible Pet Ownership Bylaw.

The City of Winnipeg said in a press release on Friday that the Humane Society will be getting half the proceeds from the cat licensing program, which would kick in on Jan. 1, 2015.

"Cat overpopulation in Winnipeg is a significant

issue and these measures are important steps towards addressing this problem," said the Humane Society's Bill McDonald.

"We applaud the direction to dedicate 50 per cent of the gross licence revenue from the proposed cat licensing program to the Winnipeg Humane Society for the further enhancement of cat spay/neuter programs and for the (WHS) to provide such fund-

ing to their key partner organizations such as Winnipeg Pet Rescue and D'Arcy's ARC."

During previous meetings about the bylaw, McDonald said not enough funds from the licensing program were going toward the problem of cat overpopulation.

Leland Gordon, COO of the City of Winnipeg's animal services department, said the cat licensing fee will provide a new revenue stream for more

feline spays and neuters.

Cat licences would cost \$15 a year for spayed or neutered cats and \$50 for intact cats. The failure to license a cat would result in a \$250 fine, similar to the fine imposed for not licensing a dog.

The Responsible Pet Ownership Bylaw is on the agenda for Thursday's protection and community services meeting.

BERNICE PONTANILLA/METRO

# Pembina's buffered bike lanes a first

**Cycling.** The city says the lanes close a gap in Winnipeg's active transportation network

 BERNICE PONTANILLA  
bernice.pontanilla@metronews.ca

The first buffered bike lanes to be introduced in Winnipeg on Pembina Highway are being touted as a model of safety for the rest of the city, said two cycling proponents on Friday.

Mark Cohoe, executive director of Bike to the Future, cyclist Anders Swanson, along with Mayor Sam Katz, Coun. Jenny Gerbasi and area MLA James Allum, were on hand at the unveiling of the special lanes in front of Canad Inns near Bishop Grandin.

"I've been lucky enough to be in some of the biggest, best, brightest, most fabulous biking cities in the world.... This is a step in the right direction for

Winnipeg," said Swanson, adding that just before the press conference began, a family with young children in a bike trailer-stroller cycled by.

"Those are the kind of cyclists that you wouldn't have seen on this facility a year ago."

The lanes, which received \$3.5 million from the City of Winnipeg and \$500,000 from the Province of Manitoba to build, run along both sides of Pembina Highway between Chevrier Boulevard and Plaza Drive.

Cohoe said he suggests Sherbrook as the next street to receive buffered bike lanes.

"It's a road that has a lot of bike traffic; we do counts across the Maryland Bridge," said Cohoe, adding about 2,500 bikes cross that bridge on any given day.

Katz said that as the funds come in, more of these lanes will be built into the major thoroughfares across the city.

The city said the lanes close a gap in Winnipeg's active



From front, MLA James Allum, Coun. Jenny Gerbasi and Anders Swanson try out the new buffered bike lane on the northbound lane of Pembina Highway on Friday. BERNICE PONTANILLA/METRO

transportation network, allowing people to bike from the downtown to south Winnipeg, the University of Manitoba or connect to the Bishop

Grandin Greenway.

The lanes are marked with special poly posts, differences in the concrete and painted lines and symbols.

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1 NEWS

## TURN OFF THE PHONE AND TURN ON THE AWESOME



**WHAT'S GOOD**  
Ace Burpee

I have conducted a very worthy, albeit unintentional, experiment. I just spent an entire weekend surrounded by my entire family in New Brunswick. It was one of those rare events that brings out every single cousin, uncle, in-law and baby from across the country.

It was upon arriving in N.B. that the experiment began. I did not bring a phone charger, and where I was situated there aren't exactly any Apple stores. Or stores, period. So, the battery died and the experiment began.

After first getting over the initial disappointment in myself that I was stressed out by the fact I would be sans phone, something brilliant

happened.

I can't explain to you how much better things can be when we aren't checking our phones every two seconds. Your head is always up. You're engaged, not distracted, in the moment. It's like how we used to experience things. Real conversations with the people around you. Shocking.

Powering off is liberating. You should give it a try.

As for what you end up missing by not being on your phone for an entire weekend? Surprisingly little. Life apparently just goes on as it did previously. "Needing" our phones is a bit of an exaggeration.

Break free once in awhile. It feels good. Summer is not happening on our phones.

**ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD.**

## Lawn care. Province banning herbicides and pesticides starting in 2015

The provincial government has announced a new ban that will see most cosmetic pesticides and herbicides outlawed in Manitoba.

The ban will begin in 2015 and concerns lawn-care herbicides and pesticides only.

Environmental and health groups applauded the ban, calling it a necessary precaution.

"We do not need to apply dangerous chemicals to maintain beautiful lawns and gardens" said Josh Brandon,

spokesperson for Cosmetic Pesticide Ban Manitoba. "Today's announcement is about applying a precautionary approach. There is no reason to risk the health and safety of our environment and families when we know that there are many safer products that are effective and widely available."

But lawn-care companies derided the ban, and 8,000 Manitobans have signed and mailed a postcard asking the province to reconsider the idea.

**Vote.** July 16 walkout date set as company, union continue talks



**ELISHA DACEY**

elisha.dacey@metrone.ca

About one-third of Manitoba Telecom Services employees have voted to strike if current negotiations with the telecommunications company don't go well, according to the union representing them.

More than 1,000 of the Team IFPTE Local 161's 1,250 members voted Friday to strike on July 16 if the ongoing negotiations continue to go poorly, said union executive director Bob Linsdell. Of those who voted, 82.8 per cent gave the union a strike mandate.

The employees represented include managers, sales staff and other professionals.

MTS is asking for a reduction in personal days, no personal days for new employees and a wage increase

of less than the rate of inflation, said Linsdell.

"The wage thing ... it was like a slap in the face," said Linsdell, adding during the last round of negotiations, union members agreed to a contract that saw only a two per cent wage increase over three years. "We work hard for MTS ... and would like to be respected for it and appreciated."

The employees say their demands include a fair wage increase that keeps up with the rate of inflation, a clearer definition of overtime and

## Whale of a time

Winnipeg artist Kaoru Ryan Klatt holds onto the 18-foot-long turquoise and gold floating whale he built with the help of his WHALE art-group colleague Laura Magnusson. It was released into the skies following Art City's annual parade through West Broadway on Saturday. With the help of a weather balloon, the whale — adorned with cameras, a GPS tracking unit and art made by Art City's young participants — was expected to rise nearly 18 miles into the atmosphere before coming back to earth. The artists believe the whale landed near Vita, Man., and now are looking to recover the video.

SHANE GIBSON/METRO



# MTS employees ready to strike

maximum hours, the option of compressed work weeks and a vision-care plan.

Linsdell couldn't say what kind of service interruptions may happen if the strike begins on July 16, but he did say MTS has brought in contract workers and asked their staff members to train them in the event of a strike.

The union and MTS are back at the negotiating table on Tuesday.

Follow Elisha Dacey on Twitter @elishadacey



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# Egyptian military hands ultimatum to President Morsi

**Get it together or get out.** Anti-Morsi crowds either wary or caught in paroxysms of joy

Egypt's military gave a "last-chance" ultimatum on Monday to President Mohammed Morsi, giving him 48 hours to meet the demands of millions of protesters in the streets seeking his ouster, or the generals will intervene and impose their own plan for the country.

The military's statement put enormous pressure on Morsi to step down. Giant crowds demanding his departure in cities around the country erupted into delirious celebration.

But any army move against Morsi after the two-day deadline risks a backlash from Morsi's Islamist backers, including his powerful Muslim Brotherhood and hard-liners, some of whom belong to former armed militant groups.

After the army statement, several officials of Morsi's Muslim Brotherhood insisted that the military and protesters cannot overturn the president's election. An alliance of the Brotherhood and other Islamists called on citizens "to rally in defence of legitimacy and reject any attempt to overturn it."

Pro-Morsi marches numbering in the thousands



Women react to the announcement in Cairo on Monday. AMR NABIL/THE ASSOCIATED PRESS

## Resistance

**"Any coup of any kind against legitimacy will only pass over our dead bodies."**

Mohammed el-Beltagi, a leading Muslim Brotherhood figure

began around the country after nightfall. In Cairo, thousands of Islamists massing near the Ittihadiya presidential palace reacted with shock and fury, some vowing to fight against what they called a coup against the

"Islamist project."

The army's stance raises an unsettling prospect for many of Morsi's opponents as well — a potential repeat of the military rule that lasted for nearly 17 months after the 2011 fall of Hosni

Mubarak.

During that time, many of those now in the anti-Morsi campaign led protests against military rule, enraged by its management of the transition and heavy hand, including killings of protesters.

The military denied it intended a coup. Instead, it said it would "announce a road map for the future and measures to implement it," underlining it will "not be a party in politics or rule."

THE ASSOCIATED PRESS

# No day off for flood volunteers

Despite Mayor Naheed Nenshi's suggestion that Calgarians swap their rubber boots for party shoes in celebration of Canada Day, many local volunteers refused to take a day off from helping neighbours in need.

The particularly hard-hit community of Mission was abuzz on Monday with dozens of volunteer restoration crews, as well as others spreading cheer by offering workers cold beer and food.

Numerous tradesmen were also out offering their work free of charge to flood victims.

"You can't even go into a house without there already being like 30 people in there helping," said Lyndee Kehler, who was volunteering in Mission on Monday with friends Nicole Swanson and Natasha Puka.

"We figured handing out beer would be a good idea," Swanson said. "It's hot out

and it's Canada Day."

The three friends, who plan to continue their volunteer efforts by heading to High River next, said they were impressed by the abundance of people supporting the volunteer workers with food, drinks and free services.

"We've been really well fed," Puka said. "There was a guy bringing shawarma and all kinds of things."

ALLISON PARDER/  
FOR METRO IN CALGARY



From left, Lyndee Kehler, Natasha Puka and Nicole Swanson celebrate Canada Day after volunteering in Mission, Alta. ALLISON PARDER/FOR METRO

## Transit Tuesday



Weekly Transit News Update

### BUSTXT FOR PEOPLE ON THE MOVE

BUSTxt is Winnipeg Transit's Short Message Service (SMS) for real-time transit information. Text 287898 to get up to the minute bus departure times, locate the nearest bus stop and more. Visit [winnipegtransit.com](http://winnipegtransit.com) for more information.

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### GET INTO THE DOWNTOWN SPIRIT

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**Mark Carney, the new governor of the Bank of England, attends a briefing with officials on his first day on the job inside the central bank's headquarters in London on Monday.** JASON ALDEN/POOL/THE ASSOCIATED PRESS

## It's Canada's day at the Bank of England

**Auspicious start date.**  
Mark Carney kicks off new job in London amid high expectations

Canadian Mark Carney, the first non-Brit to run the Bank of England in its 319-year history, has started work amid hopes

that he can help revive the economy.

Carney beamed as he arrived by Underground before 7 a.m. on Monday. Looming on his agenda is a Monetary Policy Committee later this week. The nine committee members will discuss whether to expand a stimulus plan that has pumped about \$600 billion into the economy since 2009.

The economy is still struggling. It grew just 0.3 per cent in the first quarter this year compared with the previous quarter.

The 48-year-old former governor of the Bank of Canada has been lauded for steering Canada through the 2008 financial crisis and for overseeing the fastest recovery of any G8 country. THE ASSOCIATED PRESS



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## Digital copyright. Court puts off class-action decision in Google book-scanning fight

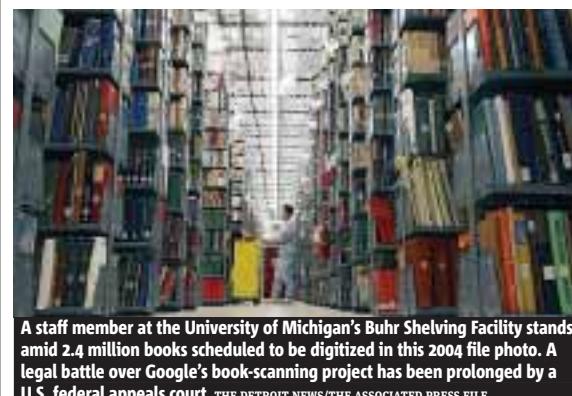
A U.S. federal appeals court in New York says it is too early for authors to be considered as a group in litigation challenging Google Inc.'s plan to create the world's largest digital library.

The 2nd U.S. Circuit Court of Appeals said in a ruling Monday that a judge must consider fair-use issues before deciding whether to consider authors as a class. The court says neither side will be harmed by a delay in

deciding whether the Authors Guild can represent all writers.

So far, Google has copied more than 20 million books. The three-judge appeals panel that heard arguments earlier this year seemed reluctant to get in the way of the plans.

One judge said it would be a "huge advantage" for many authors while another said it would have "enormous societal benefit." THE ASSOCIATED PRESS



**A staff member at the University of Michigan's Buhr Shelving Facility stands amid 2.4 million books scheduled to be digitized in this 2004 file photo. A legal battle over Google's book-scanning project has been prolonged by a U.S. federal appeals court.** THE DETROIT NEWS/THE ASSOCIATED PRESS FILE

### Debit-card fees

**McDonald's franchise offers more payroll options after suit**

A McDonald's franchise in Pennsylvania promised to give employees more payment options after it was sued by a former employee who said she was charged a fee to access her wages from a debit card.

Employees of 16 McDonald's restaurants in northeastern Pennsylvania will be given the option of getting paid via direct deposit or paper cheque, company spokeswoman Christina Mueller-Curran said Monday. They'll also continue to have the ability to use payroll cards.

In her lawsuit, ex-employee Natalie Gunshanon said she was charged \$1.50 to withdraw cash. The lawsuit focused attention on the practice of paying low-wage employees via debit cards that can be laden with fees.

THE ASSOCIATED PRESS

## Online budget consultations flop

A federal experiment in digital democracy has flopped, with critics saying it was never anything more than a gimmick in the first place.

Since 2006, Finance Minister Jim Flaherty has conducted annual pre-budget consultations with Canadians via the web, asking for electronic input into the country's fiscal blueprint.

In launching so-called e-consultations when the Conservatives first came to power more than seven years ago, Flaherty said the "new govern-

### Quoted

**"This is sort of a way to create the illusion of reaching out or encouraging some sort of democratic intercourse. It's very disingenuous."**

Jason Lacharite, political science professor, University of Northern British Columbia in Prince George

ment is taking accountability and openness to a higher level."

But the online consultations never drew more than 7,760 submissions, at their peak in 2007. The response rate has fallen sharply since then, with the exception of the round leading to the pivotal Jan. 27, 2009, budget, designed to respond to the global meltdown and recession. The number of submissions hit 7,421 for that year.

And the latest round for the 2013 budget attracted a paltry 642, the second-lowest after the 600 received for budget 2010. THE CANADIAN PRESS

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# BREAKING BREAD OR DEAL-BREAKING?

People are funny about food: They can be picky or paranoid or entirely self-righteous about the types of things they put in their mouths and the manner in which they do it. It helps when we find a partner who complements our own eating habits, or at least someone who doesn't make a big deal about our neuroses.

Partners can influence each other's dietary preferences, for better or worse. My health-conscious boyfriend has turned me into a person who always orders a vegetable side dish so that I have something green at every meal. In turn, I introduced him to the concept of brunch. But while it might be nice to encourage each other to embrace better nutrition or be more adventurous with our palates, some extreme eating



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

habits are hard to handle.

Could a carnivorous meat lover ever successfully date a vegetarian? What about a vegan? And how long would any of us last with an obsessive carbohydrate-phobic calorie counter?

At what point does one's food preferences become a relationship deal-breaker?

Our attitudes about what we eat can change and evolve, but culinary choices also reflect the type of lifestyle we want to lead. Food can be ideological and sometimes people can become fanatical about preaching their dietary dogma at the dinner table. Anyone who has ever suffered through a meal with a "Paleo" dieter or a Weight Watchers acolyte understands how annoying this can be. Don't get me wrong: It's not that I don't applaud efforts to lose weight or become healthy.

I just don't want to hear a sanctimonious speech about how many "points" are in a slice of cheesecake as I'm ordering it.

When it comes to dietary habits, there has to be some common ground. You might think it shallow to place so much value on food preferences — it's just caloric energy, after all — but if he's all kale and quinoa and your heart pines for processed-cheese slices and red meat, it's going to be a lot harder to make it work.

Culinary compatibility might not be the most important thing when it comes to searching for a long-term life partner, but it's definitely a nice bonus. Sharing a nice meal together is one of my favourite activities, and it's just so much more satisfying when both parties can agree on a restaurant choice. Then again, Jack Sprat could eat no fat and he and his wife found a way to make it work.

Follow Jessica Napier on Twitter @MetroSheSays



## ZOOM

### Celebrity facemash



#### Mashup photography

#### Recognize these famous faces?

Marc Ghali has a knack for spotting look-alikes from history. In his series Then and Now, the Toronto-based graphic designer combines the faces of celebrities to create striking mashups of Princess Diana and Kate Middleton, and Malcolm X and Barack Obama, among others.

#### Q&A

#### "Like solving a human puzzle"

**MARC GHALI**  
Freelance designer/media content manager, 30, from Toronto

#### How would you describe your photos?

I would use just one word: Juxtapose.

**It must have taken you a**

#### long time to find similar celebs and compositions in the original photos.

It took hours of research, trial and error. It was like solving a human puzzle. I had several ideas of how to fit the pieces together, but at times it became difficult.

**These pictures suggest that the doppelgängers share and take on each other's personal identities ...**

People naturally have a tendency to compare public figures to their historical equivalents, in music, sports, entertainment and politics. The last great person to do anything is always a measuring stick for the ones who follow. I think doing it visually creates a stronger emotional reaction and allows you to challenge your thinking.

METRO WORLD NEWS

There's a vast range of topics available in the iTunes archive of the John Locke Lectures held every year at Oxford University. GETTY IMAGES

#### In Our Time:

While it may be unfair to call this BBC institution a philosophy show, Melvyn Bragg's panel series covers every conceivable aspect of science and history, including great works and those who wrote them.

#### Twitter



@BrentButt: HAPPY CANADA DAY! Gonna throw a couple pucks on the BBQ, tip back a few rye'n'maplesyrups, and just relax around the igloo cranking RUSH.

@Cmdr\_Hadfield 7h: Punctuation optional, prideful bemusement pervasive. "@stephenfr: Oh, Canada!

**WE WANT TO HEAR FROM YOU:** Send us your comments: [winnipegletters@metronews.ca](mailto:winnipegletters@metronews.ca)

Oh!! Canada? Oh CANADA! Oh? Canada... etc #CanadaDay"

@TypeACubed: Peanut Butter, wonderbra, bag tags etc >> 19 Things You Might Not Know Were Invented in Canada <http://zite.to/1b1PBtf> via @zite

@PMJAMmacdonald: Another annexation-free year is complete! Happy Dominion Day everybody!

## DVD Reviews

## 56 Up

**Stars.** Michael Apted  
**Directors.** Michael Apted, Paul Almond

•••••

The good news about 56 Up, the latest in Michael Apted's septennial life assessments: the series' 13 well-scrutinized participants are all still alive and mostly content. The bad news: what they're doing isn't all that interesting. More than ever in this seventh edition, the Up people seem to be living bland lives of quiet desperation. One exception is Liverpudlian Neil Hughes, the lost soul of the Up brigade. Fighting mental illness since his teen years, he's struggled through ups and downs that left him homeless at 28 and still restless at 56.

## IDeclare War

**Stars.** Siam Yu, Gage Munroe  
**Directors.** Jason Lapeyre

•••••



IDeclare War zips along like bullets fired from a child's machine gun. Reactions are equally kinetic, as we try to figure out if we're watching reality or fantasy. It's about a game of neighbourhood Capture the Flag staged by military-minded kids, all about age 13, that turns deadly serious. It may also turn physically deadly, because we see them using what appear to be real guns, grenades and rough instruments of torture. We only hope that the kids are engaged in a violent fantasy. **PETER HOWELL**

## Cinema Review



## Despicable Me II

**Stars.** Steve Carell, Kristen Wiig  
**Directors.** Pierre Coffin, Chris Renaud

•••••

# How Mrs. Funbags made a comedy

**On-set antics.** With playful Sam Rockwell and ad-lib inclined directors and writers, Maya Rudolph had lots of fun making *The Way, Way Back*

## NED EHRLICH

Metro World News in Hollywood

Maya Rudolph has learned to be careful about giving herself a nickname around Sam Rockwell, as he apparently would not stop working one particular moniker into conversation during interviews for *The Way, Way Back*, their new comedy.

"I referred to myself earlier in the afternoon as Mrs. Funbags, and it has not seemed to cease — which by the way, I'm very happy about it," she says. "Not to mention it came out of my mouth. But I'm enjoying it. I hope when we're 80 I am known as Funbags."

Goofing off comes naturally. Most of the adult cast of *The Way, Way Back* — including Rockwell, Steve Carell, Allison Janney, Rob Corddry, Amanda Peet and Toni Collette — have backgrounds in improvisation, which was handy since co-writers and directors Nat Faxon and Jim Rash are big improvisers themselves.

"It's more just like a natural part of Jim and Nat, so I knew it would come out here and there," Rudolph says. "But it wasn't necessarily like a *Waiting for Guffman*, like a completely improvised movie — although that would be



Sam Rockwell, left, Liam James and Maya Rudolph in *The Way Way Back*. GETTY IMAGES

fun, too. It's just a natural ... weapon. You bust it out. It's like nunchucks. I always carry nunchucks."

Yes, she insists, comedy is a weapon. "Sometimes a delicate weapon."

Rudolph and her co-stars speak fondly of their experience filming *The Way, Way Back*, which is understand-

able since the film — set during summer vacation in a Massachusetts beach town — was also filmed during summer vacation in a Massachusetts beach town.

"It was rough, getting paid to eat lobster rolls," Rudolph offers. "Yeah, New England summer is really pretty idyllic. Especially being there for

## Teen in the mix

**Old helping the young.** *The Way, Way Back* is a coming-of-age story for its 14-year-old protagonist, Duncan (Liam James), and on the set of the film James — who was 15 during the shoot — had an impressive handful of adult actors to help him come of age himself. At least Maya Rudolph tried to keep it clean.

**Maya Rudolph's method.** "We got into some stupid (iPhone) apps. That was my contribution to his youth, I introduced him to stupid apps," she says of her time goofing off with James. "There was a photo one, maybe it was OldBooth. I always turn people on to OldBooth. It's the one where you can stick your face into an old high school photo — like '50s, '60s portraits — and then you have, like, a crazy afro. It's really enjoyable and it's G-rated."

the Fourth of July and being there with friends. (Faxon and Rash) wanted this experience to be what summers growing up on the East Coast were supposed to be. You really felt that the whole time we were making it.

"I think East Coast people — New Englanders especially — really appreciate summer. They don't take it for granted like we do out (in California). It's like, 'Let's do this! It's time to get wet and burned and eats some stuff.' And then it's going to get cold again."

## Comics. Sandman returns under the skilled hand of Neil Gaiman

The Sandman is returning to Vertigo comics under the influence of writer Neil Gaiman.

Shelly Bond, executive editor of the imprint of DC Entertainment, said Monday that Gaiman is working with artist J.H. Williams III to tell stories of Morpheus' world before he was captured. Titled *The Sandman*:

Overture, the new series will appear bi-monthly starting Oct. 30 in comic shops and digitally, too. Gaiman last penned stories in the realm of the Endless more than a decade ago. His original telling of Sandman has sold more than seven million copies in nine languages.

THE ASSOCIATED PRESS

Despite the humdrum story *Despicable Me 2* is great fun. Former villain Gru (Steve Carell) is now a doting single father lured back into the life, but this time working for the Anti Villain League with partner (and love interest) Lucy (Kristen Wiig). The predictable plot could have written itself, but the inventive gags contained within are the reason to take the whole family. **RICHARD CROUSE**

## Box Office news

## \$40M ladies bring The Heat

Sandra Bullock and Melissa McCarthy brought *The Heat* against Channing Tatum and Jamie Foxx at the box office. The action-comedy about mismatched detectives earned \$40 million in its opening weekend, topping the \$25.7M debut haul of Foxx and Tatum's *White House Down*.

THE ASSOCIATED PRESS

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week



## Kardashian conspiracies, boyband beatdowns and a Kick-Ass conscience



STARGAZING  
Malene Arpe  
scene@metronews.ca

• Singer Aaron Carter, brother of Backstreet Boys' Nick Carter, claims he got beat up in Boston by grown men yelling, "this is the town of the New Kids." You'd think the Wahlbergs would have better things to do.

• Jim Carrey says he cannot in good conscience support his new movie Kick-Ass 2 due to the level of violence. In unrelated news, Will Smith admits he can no longer support After Earth due to the level of terrible.

• Arnold Schwarzenegger will play a leading role in an upcoming zombie movie. Possible tag lines

include:

- 1) "Hasta gnaw vista, baby."
- 2) "If it bleeds, we can eat it."
- 3) "Put that brain down. Now."
- 4) "It's not a tumour. But if it is, I'll eat that too."
- 5) "Consider cat a first course."
- 6) "I'll be snack."

• Kim Kardashian reportedly mails her friends some photos of a random baby in a clever attempt to find out who of them might try to sell the pictures. Coming up next week on Solving Pre-Crime With The Kardashians: Who will steal Kris's new wig? What are the spies living in Bruce Jenner's car looking for? If every family member wears a mask resembling another family member and then rob a bank, will that make them more or less creepy?

• Anne Rice defends Paula Deen by writing on Facebook, "It's so easy to persecute an older, overweight, unwise, crude, ignorant woman who may very well be a good person at heart." "Wow," says everyone on Paula's PR team. "We didn't think we could have done a worse job, but obviously that's not true. High five!"



## Ace of hearts: Stork brings baby boy for Simpson

Jessica Simpson's daughter has a new playmate — a baby brother named Ace.

Simpson's rep confirmed that the entertainer gave birth to Ace Knute in Los Angeles on Sunday via planned C-section. The details were first reported by Us Weekly.

This is the second child for

Simpson and her fiancé, Eric Johnson. Simpson gave birth to daughter Maxwell last year.

Simpson, who got her start as a singer and has a successful apparel and accessories line, most recently appeared on NBC's Fashion Star.

THE ASSOCIATED PRESS

## Lopez loses cred for crooning to infamous dictator



Jennifer Lopez is under fire for performing a private show in the former Soviet bloc country of Turkmenistan (including a rendition of Happy Birthday, Mr. President) for the country's leader, Gurbanguly Berdimuhamedow — who is apparently not a cool guy.

And by not a cool guy, we mean that Human Rights Watch have named him as being "among the most repressive (leaders) in the world" and that he's known for rampantly violating human rights and torturing people.

## Don't lose your appetite: Deen's buns requested outside of the kitchen

Know what's grosser than watching Paula Deen slather her food with butter and grease? Watching Paula Deen slather her naked body with butter and grease. We're sincerely hoping that the disgraced food empire queen doesn't accept a recent job offer she reportedly just received from a porn site. If Paula Deen accepts a job offer from a porn

site, we're cancelling the Internet.

According to TMZ, an adult website called PureMature.com (it specializes in geriatric sexy times) sent Deen a letter offering her a six-figure (seriously?) gig. In said letter, Deen was praised as their ideal star: "Full figured or thin, arthritic or diabetic ... you embody our perfect spokesperson."



Paula Deen

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# How to fix your metabolism

**Food.** Nutritionist Haylie Pomroy's bestselling *The Fast Metabolism Diet* claims to trigger weight loss by rotation of food groups — she even lets you eat carbs. Yep, carbs.

ROMINA  
MCGUINNESS  
[wellness@metronews.ca](mailto:wellness@metronews.ca)

"A high-protein, low-fat, low-carbohydrate diet will just slow your body down," warns J.Lo's nutritionist Haylie Pomroy, author of *The Fast Metabolism Diet*, a 28-day program designed to heal broken mechanisms in the body.

The plan requires you to

eat three different ways a week, for four weeks.

And it claims it could help you lose up to 20 pounds in that time.

"The systematic rotation of targeted foods on specific days and at strategic times will help your body become more efficient at converting food into energy, which is basically what your metabolism is," she explains.

## When on the diet you must

**1** Eat 5 times a day: 2 snacks & 3 meals

**2** Eat every 3 to 4 hours when awake

**3** Eat within 30 minutes of waking

**4** Stay on the plan for the full 28 days

**5** Stick to the foods allowed in each phase

**6** Drink half of your body weight in ounces of water, every day



## Day 1&2: Phase 1

### HIGH CARB + LOW FAT + MODERATE PROTEIN = UNWIND STRESS

"The first thing we need to do is calm the body down and we do so by flooding it with tons of easily accessible nutrients. When we're under a lot of biological stress such as weight gain, we tend to crave junk food as the quick infusion of sugar is very soothing," Pomroy tells Metro.

In this phase, you get to eat plenty of natural sugars (found in complex carbohydrates and high-glycemic fruit and vegetables) to stimulate the endorphins in your brain and help pull your body out of an adrenal crisis.

"However, we keep our protein and fat intake very low, as getting energy out of them requires a lot of effort," she adds.

#### FOOD LIST

Sweet potato, kale, pineapples, cherries, mangos, brown rice, spelt pretzels, corned beef

## DAY 3&4: Phase 2

### HIGH PROTEIN + LOW CARB + LOW FAT = UNLOCK FAT STORES

Here, the focus is on lean proteins and high fibre vegetables that will push your metabolism to lay down muscle and access fat for fuel.

"Muscle is built from amino acids, which come from the breakdown of consumed protein. But in order to metabolize protein in the first place, your body needs the nutrients from fat," says Pomroy.

And assuming we provided very little of it in phase one, the only place to go is your own fat stores.

"Many high protein diets cause your body to become very acidic, which can trigger inflammation, bad digestion and pain. So we balance that with tons of alkalizing vegetables to regulate the body's PH and make the protein easier to digest," she adds.

#### FOOD LIST

Asparagus, oysters, chicken, salmon, egg whites, Tabasco, lemons, raw cacao powder.



## DAY 5-7: Phase 3

### UNLEASH THE BURN: HIGH FAT+ LOW CARB +LOW PROTEIN = THE BURN

"All week, we've been supplying our bodies with nutrients from carbs, green vegetables and lean protein and in the absence of dietary fat, the body has turned to its own stores in order to build muscle. We now make the fats really high because ironically, eating fat after not eating it for a few days makes you burn it like crazy. This is an intense phase in the sense that we're asking our body to be super efficient at converting fat into fuel," explains Pomroy.

This is why we then go right back to phase one, where nutrients from food are once again easy to access. Repeat this three-phase cycle for 28 days.

#### FOOD LIST

Avocados, coconut, cranberries, eggs, pistachios, olive oil, pecans, hummus.

## More food rules

**No dairy.** The rate of sugar delivery in lactose (milk sugar) is way too fast and the animal-based fat way too high.

**No soy.** Most soy is genetically modified, making it harder for your body to break down. It's also high in estrogen, which can increase belly fat.

**No corn.** It's a big reservoir of sugar that equals quick fat.

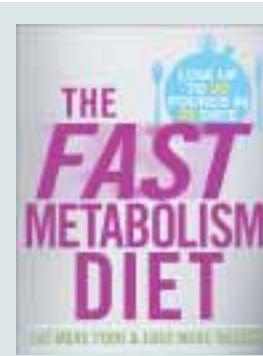
**No wheat.** It's very hard for your body to digest and extract its nutrients.

**No refined sugar.** It's a concentrated source of quick energy, making it hard for your body to maintain stable blood-sugar levels.

**No caffeine.** It stresses your adrenal glands and pushes the body past its healthy state of energy.

**No alcohol.** Which is very high in sugar.

**No dried fruit or fruit juices.** the sugar concentration is too high and the fibre too easy to break down.



## Exercise for dieting

**1** At least one day of vigorous cardio, like running or an upbeat aerobic-based exercise class.

**2** At least one day of strength training with weights.

**3** At least one day of a stress-reducing activity such as yoga.

# It's a slippery slope, not all the cooking oils are created equal

## Health options.

Weight loss author walks you through the best oils to use and dispels myths when it comes to the kitchen

LINDA CLARKE  
Metro World News

With so many cooking oils on store shelves, which is the best for you?

Registered dietitian Marla Heller, author of The DASH Diet Weight Loss Solution and The Everyday Dash Diet Cookbook, gave us the slick truth.

### Olive oil

"I always go with what's been proven over periods of time,"



Get informed about using cooking oils. ISTOCK PHOTOS

Heller says. "In the Mediterranean, there are lower rates of heart disease and breast cancer, and they use olive oil. It's monounsaturated — the kind that's healthiest."

The wonder pour's only

caveat?

"It shouldn't be heated to high temperatures," she says.

### Soy, corn and canola oil

"These can be used for higher-temperature cooking, and are

neutral-tasting oils, so they're good for baking," Heller says.

But don't go crazy.

"You don't want to use these too often because they're high in Omega 6, which is a polyunsaturated

## More from Heller

On some popular oil supplements.

- **Flaxseed.** Not so fast, she says. "I'm a fence-sitter on flax. It is high in alpha-linolenic acid, which is essential for health and is

anti-inflammatory. But the body isn't going to convert as much ALA from flax as it is from fish oils."

- **Evening primrose.** Used as a supplement, "It has proven to have benefits."

oil and is thought to raise inflammation. (Inflammation) is behind so many diseases, including heart disease."

### Sunflower oil

"This is high in polyunsaturated fats, which in the 1970s were thought to be healthy," she says. "Polyunsaturated do lower blood cholesterol, but the thinking now is that they potentially increase inflammation. Personally, I'm

skeptical."

### Coconut oil

"There's been a lot of hype about it over the past few years," Heller says. "It has a high level of saturated fat. Places where it's used as a main source for cooking have a higher level of obesity, diabetes and heart disease. I think it can be problematic for people with high cholesterol."

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# Grilling: not just for carnivores

1. Heat a grill to medium-high.

2. Place tomatoes on large sheet of heavy duty foil. Drizzle with olive oil, then sprinkle with salt and pepper. Fold up edges of foil to create packet, then set on grill. Drizzle onion slices with oil, then add those to grill. Grill, covered, 10 minutes, or until the tomatoes begin to break down. Carefully turn on-

## Ingredients

- 2 pints cherry tomatoes
- Olive oil
- Kosher salt and ground black pepper
- 1 medium red onion, thickly sliced
- 1 loaf (about 19 oz) sourdough bread, cut or torn into 2-inch chunks
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 cup shaved Parmesan cheese
- 4 cloves garlic, minced
- Zest and juice of 1 lemon
- Zest and juice of 1 lime
- 1 cup fresh basil leaves
- 1 cup baby arugula



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

ions once during cooking.

3. Once tomatoes and onions are done, remove from grill and set aside. Leave foil packet wrapped shut. Leave grill on.

4. Place bread in large bowl. Drizzle with olive oil, then sprinkle with garlic powder and smoked paprika. Toss well

to coat, then use tongs to place the bread on the grill. Cook, turning the bread pieces often, until lightly toasted, about 5 to 7 minutes. Return bread to the bowl. Add Parmesan and toss well until melted. Add the garlic and lemon zest and lime zest, then toss again.

5. Divide the bread mixture

between 6 serving plates. Open foil packet of tomatoes and spoon some mix and their juices over each plate. Divide the onions between the plates. Drizzle each serving with a bit of the lemon and lime juice and top with basil and arugula. Season with salt and pepper.

THE ASSOCIATED PRESS

## Health Solutions

### Watered down



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCN  
[myfriendinfood.com](http://myfriendinfood.com)

You know you are supposed to drink the darned stuff but water is so boring!

The myth that you need eight glasses each day is a bit arbitrary. Much depends upon how efficient your cooling system is (as in how sweaty you are) and some depends upon how much high water content (as in fruits and vegetables) foods you eat. Then there is how dry or moist your environment is and your fitness level.

That's way too many factors to pin a number, like eight, on. The bottom line is you have to check your pee. (Get it?

Bottom line! What's a day without potty humour?) You want to drink enough to be sure it is as clear and uncoloured as possible.



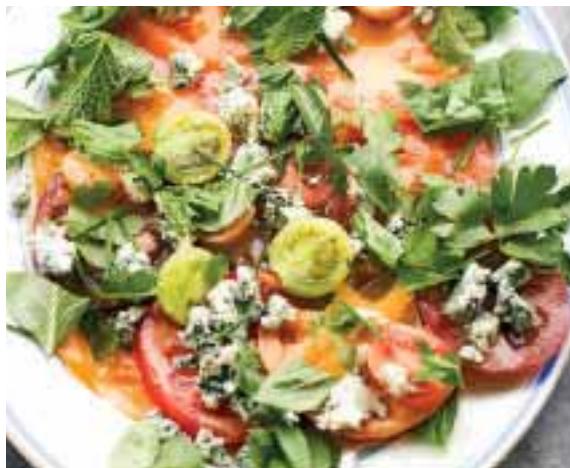
Here are some ways to spruce up your water so it tastes better so you drink the stuff.

- Harvest spruce, pine or fir tips as they are pale green shoots. Crush three or four with a rolling pin and add to a pitcher of water. Let stand in the fridge at least an hour for a bright, lemony zing.
- Cucumber and lemon add a subtle, refreshing flavour to a pitcher of water. Simplicity slice and refrigerate.
- Herbal tea can be no cal and just as fabulous cold.
- Apple slices, cinnamon sticks and allspice buds can be topped with a pot of boiling water and then cooled in the fridge.
- Freeze any leftover berries in ice cubes and add to a glass of water.

- Sumac drupes can be soaked in a pot of water, filtered and refrigerated.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT [MYFRIENDINFOOD.COM](http://MYFRIENDINFOOD.COM)**

## Side Dish. American Tomato Salad



1. In a small bowl, whisk together the olive oil, honey, vinegar and mustard.

aigrette over the tomatoes, then top with the cheese and herbs. Sprinkle with the sea salt and black pepper.

THE ASSOCIATED PRESS

## Ingredients

- 1 tbsp mild olive oil
- 1 tbsp honey
- 1 tbsp cider vinegar
- 1 tsp Dijon mustard
- 4 heirloom tomatoes, sliced
- 4 oz Humboldt Fog or Maytag Blue cheese, sliced or

- crumbled
- 1 cup torn mixed soft herbs (such as chives, basil, cilantro and parsley)
- Flaked sea salt and ground black pepper, to taste

## Panko bread crumbs update classic Fried Green Tomatoes

The recipe ticks fairly close to tradition but adds a fascinating modern ingredient: panko.

This Japanese-style bread crumb is a relatively recent invention. The slightly sweet bread is baked by electrocution in an oven that is cool to the touch. Only the dough gets hot as current surges through it. The resulting loaf has no crust and is uncommonly airy when it is shredded into slivers and crumbs. Combined with cornmeal, the panko fries into a light, crisp envelope for the tangy tomato slices.

## Ingredients

- Canola oil, as needed for deep-frying
- 2 medium green tomatoes
- 5/8 cup (100 grams) cornmeal
- 1/3 cup (25 grams) panko bread crumbs
- 1/2 tsp ground black pepper
- 1/4 tsp cayenne pepper
- 1/4 cup cultured buttermilk
- 1/4 cup (2 eggs) blended whole eggs
- Salt, to taste



This recipe serves four as a side dish. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Bring pot of water to a boil. Fill a bowl with ice water.

2. In a tall pot, pour at least 2 inches of oil. The pot must be no more than half full. Set the pan over medium-high and heat the oil to 390 F (200 C).

3. Use a paring knife to cut the core out of each tomato.

4. Once water is boiling, add

tomatoes and blanch 1 minute. Use a slotted spoon to transfer the tomatoes to the ice water. When cool enough to handle, remove the tomatoes and peel away the skins. Cut each tomato into slices 1/4 inch thick.

5. In a wide, shallow bowl mix the cornmeal, panko, black pepper and cayenne. In a second wide, shallow bowl, whisk buttermilk and eggs.

6. Dredge the tomato slices first through the buttermilk mixture, then the panko mixture to thoroughly coat them.

7. When oil has reached 390 F, working in batches of 3 slices, carefully fry the tomatoes for 2 minutes, or until golden brown. Use a slotted spoon to transfer the tomatoes to a paper towel-lined plate and season with salt.

THE ASSOCIATED PRESS

# A lesson in fixed vs. variable rate mortgages



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

It's the talk of the town once again. Interest rates. Savers are praying for an increase while those in debt have their fingers tightly crossed that any rise will come oh so slowly.

The big issue for most is the mortgage. Variable used to win hands down over fixed rate when it came to saving money.

But as five year fixed rates sunk below three per cent and the spread between fixed and variable rates shrunk to less than 40 basis points or 0.4 per cent, locking in has been a no brainer. There is little point in taking on the additional risk of a rate rise for less than half a per cent.

Based on the Canadian Association of Accredited

Mortgage Professionals' recent survey, 85 per cent of those who bought a home in the past 18 months locked in, compared to 69 per cent of existing mortgage holders. The appeal of the fixed rate will only grow with the flurry of talk about impending interest rate increases.

Already a number of lenders have nudged their five-year rate over three per cent. This could signal that the variable rate mortgage may start to become more appealing as the difference between it and the fixed rate widens.

According to canadianmortagagetrends.com, consumer interest in variable rates increases when the spread between them and fixed rates is 100 basis points or one per cent.

It is easy to see why. Paying one per cent less on a \$200,000 mortgage keeps about \$2,000 after tax dollars in your pocket in the

## In numbers

**20**

On average, Canadians expect to pay off their mortgages in 20 years.

first year and saves nearly \$32,000 in interest costs over a 25-year amortization.

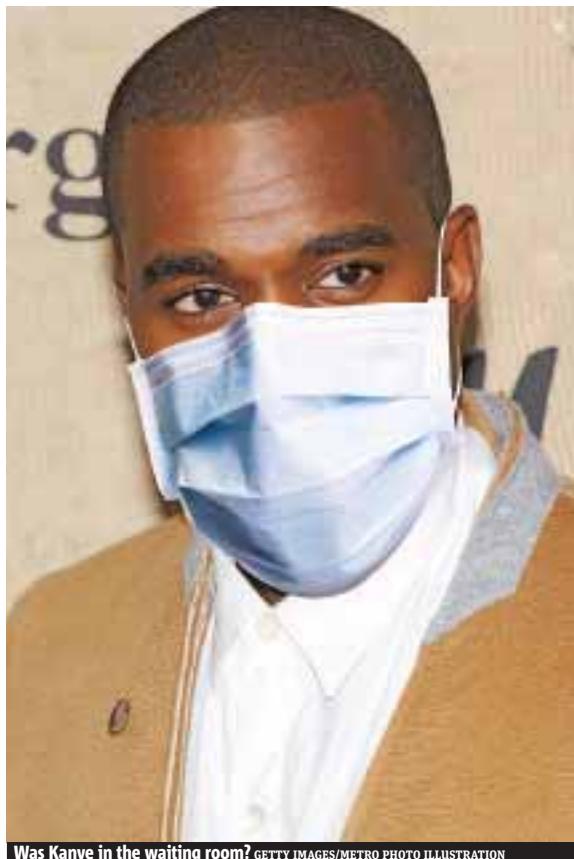
Canadians choosing a fixed rate can enjoy the benefits of a variable rate simply by paying a bit more monthly. On a \$200,000 mortgage an extra \$50 cuts two years off the life of the mortgage and saves nearly \$7,000 in interest costs. Or, make a lump sum payment, amounting to the average tax refund of \$1,500, and the mortgage is gone in 21 years with interest savings of nearly \$15,500.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Eighty-five per cent of those who bought a home in the past 18 months locked into a fixed-rate mortgage. ISTOCK IMAGES

# Delivery-room dads: Accessory or necessity?



**Trend.** Men used to be kept well away from the delivery room. Now, they're guilt-tripped if they're absent during birth. Experts tell Metro why there's no real need for your partner to see you push.

**ROMINA MCGUINNESS**  
romina.mcguinness@metro.lu

When rapper Kanye West let slip that he may not be in the delivery room when his girlfriend, reality TV star Kim Kardashian, gave birth, because "he's very squeamish and doesn't want to be around blood," fans were quick to judge.

One comment on Yahoo.com, read, "That dude weak is #@\$%. Studio gangsters these days."

Their baby girl was born on June 15th, five weeks early, and rumour is, he was there. But does a man need to be in the delivery room?

## Men and the pressure

These days, dads are under a lot of pressure to be more involved in general, Dean Beaumont, author of The Expectant Dad's Handbook, tells Metro: "Society has changed to a point that they're expected to be present during childbirth."

Lucy Jolin, spokesperson for the Birth Trauma Association and mother of two, believes that it should be up to the couple to decide whether or not the man should be by a woman's side, but that ultimately, the father's presence isn't imperative.

"Obviously, the woman has to be happy with her partner not being there — otherwise, it's resentment. In many cases, the partner is very happy to be. But in some cases, that person may feel very uncomfortable. What you witness is someone that you love in a great deal of pain and sometimes it can be extremely bloody and disgusting. If a man is squeamish, you can't laugh that off," she says.

**The hormones of**

## labour and birth

If a man feels very strongly that he doesn't want to be there, and knows he will panic, then he could be more of a hindrance than a help. "It's best for him to stay away because otherwise he's effectively bringing the adrenalin into the delivery room, which could be detrimental to the birth," warns Beaumont. To explain why, we need to take a look at the physiology of birth.

"The birth hormone, oxytocin, is what gets the contractions going. But the enemy to oxytocin is adrenalin, a hormone produced by fear. So when you hear people talk about birth stalling or slowing, what normally is the case is that they've had a surge of adrenalin. This is because a labouring woman is very vulnerable, and once she picks up on her partner's fear, she'll worry and produce her own surge of adrenalin, which will then stall her labour," he explains.

**The optimal birth: + trust = - stress**

"What we want in the delivery room is a woman who is happy and relaxed. She can't be worrying about her partner passing out or throwing up."

"It's better to be on your own than with someone who doesn't want to be there," says Jolin. But sometimes it's a physical necessity to have someone else there should the birth not go to plan.

"The mother may be unconscious or under heavy painkillers and in that case, she needs to be with someone she trusts. If that's not the man, it can be a close friend, a relative or a doula," she adds.

## And ... the baby?

Will the baby sense if the father isn't there? Absolutely not, says Jolin. "Up until not so long ago, fathers were kept well away from the delivery room. It's not hugely damaging."

Beaumont agrees, "A baby's head coming through your wife's vagina can be quite extreme. You can be in the room, but there's no need for you to physically watch the birth."

# Blue Jays red hot vs. Tigers on Canada Day

**MLB.** Scoring comes from an unlikely source as Dickey continues to knuckle down on batters

Mark DeRosa is the first to admit he isn't exactly an intimidating batter.

DeRosa, a 38-year-old bench player the Blue Jays added this season for depth, has been dealing with a sore neck and a slump at the plate in which he hadn't had a hit since June 18 against Colorado.

So when an injury forced first baseman Adam Lind out of the roster, DeRosa found himself filling in Monday. Even more unexpected was his No. 4 spot in the batting order.

But no one was more surprised than the Detroit Tigers when DeRosa launched a three-run homer; an exclamation point in Toronto's 8-3 victory against the American League champions.

"I've always been a guy who likes to work the ball the other way and it's been frustrating over the last couple weeks," said DeRosa. "You know, flying open, striking out and grounding out to short. Doing things that I pride myself on being a quality at-bat. Definitely hitting fourth was not on the agenda coming into the season."

DeRosa joked he told star Jose Bautista, who was hitting third in the lineup after slug-



Jose Reyes celebrates with Jose Bautista after hitting a solo home run in the third inning of the Blue Jays' game against the Tigers on Monday in Toronto. The Jays won 8-3. TOM SZCZERBOWSKI/GETTY IMAGES

ger Edwin Encarnacion was pulled just before the game with left hamstring soreness, to take off his shin guard at the plate and expect to be walked.

It ended up being no joke at all. The Tigers walked Bautista twice, and DeRosa made them pay in the fourth inning with his fifth homer of the season.

"Obviously you can't replace Eddie, you can't replace the way Lind swung the bat. I'm aware of that," said DeRosa. "But there's guys here that

On Monday

8

Blue Jays

3

Tigers

are capable of doing things they have to help us win."

DeRosa had plenty of help during a festive Canada Day game at Rogers Centre.

Shortstop Jose Reyes, who made his first appearance at home since April before he was put on the disabled list with a severely sprained left ankle, hit his second home run in two games.

Blue Jays knuckleballer R.A. Dickey (8-8), following up on his best outing of the season last week, was again solid against Detroit's intimidating batting order. He allowed two earned runs on six hits with four strikeouts through seven innings. THE CANADIAN PRESS

## NHL. Mobile blue-liner part of Jets' youth movement



The Jets selected Joshua Morrissey 13th overall in Sunday's draft.  
BILL KOSTROUN/THE ASSOCIATED PRESS

Claude Noel hopes drafting Joshua Morrissey helps the Winnipeg Jets take another step towards strengthening a thin prospect pool.

"We're trying to get a cycle of development going," said the Jets head coach. "As a young franchise (that) cycle hasn't completely started."

Winnipeg picked Morrissey 13th overall in Sunday's NHL draft, and Noel hopes the addition of the defenceman along with the development of young players such as Jacob Trouba and Mark Scheifele quicken the Jets' growth next season.

"It's really exciting to be part of the Jets organization," said Morrissey. "It's definitely a

### Other new additions

Along with Morrissey, the Jets selected centre Nicolas Petan, goaltender Eric Comrie, centre James Lodge, right-winger J.C. Lipon, centre Andrew Copp and defencemen Jan Kostalek, Tucker Poolman, Brenden Kichton and Marcus Karlstrom.

pretty cool experience.

"I always wanted to go to a passionate city and have passionate fans, and I got my wish."

A mobile defenceman who said he patterns his game after

Norris Trophy finalist Kris Letang, Morrissey recorded 15 goals and 32 assists in 70 games with the Prince Albert Raiders of the Western Hockey League last season. "I think I'm a two-way defenceman with an offensive upside. I like to compete hard and my biggest assets are my skating and my hockey sense," Morrissey said. "I have to work on my defensive game but my offensive side has really flourished."

The Jets also acquired Michael Frolik from Chicago for the 74th and 134th picks. Frolik recorded 10 points in both the regular and post-season for the Stanley Cup champions.

THE CANADIAN PRESS

Sports in pictures



## 1 Wimbledon.

Serena sent home early

Serena Williams lost 6-2, 1-6, 6-4 in the fourth round to German Sabine Lisicki. GETTY IMAGES

## 2 IIHF. NHL moves closer to Sochi deal

While a deal wasn't reached, the NHL, NHLPA and the International Ice Hockey Federation moved closer to sending NHLers to the 2014 Olympics in Sochi, Russia, in a long meeting Monday. THE ASSOCIATED PRESS

## 3 Cycling.

Aussie takes Tour Stage 3

Sprinter Simon Gerrans won Monday's third stage of the Tour de France. GETTY IMAGES

Horoscopes

**Aries**

March 21 - April 20

Some things come easy to you but other things you will never master. With that in mind, don't be afraid to give up on something today if it doesn't feel right. It's no big deal.

**Taurus**

April 21 - May 21

You may not want to apologize about something but if refusing to do so puts a friendship at risk, it may be smart to swallow your pride and let them know you are sorry – even if you're not.

**Gemini**

May 22 - June 21

With the Sun opposing Pluto today, there is a lot of pressure on you. But it is essential that you don't let others see you are stressed. Act tough even if you don't feel in the least bit on top of things.

**Cancer**

June 22 - July 23

Everyone makes mistakes and in the greater scheme of things, your recent errors are minor, so stop worrying about them. Do something new today and make all the mistakes you like.

**Leo**

July 24 - Aug. 23

Not only is the Sun moving through the most sensitive area of your chart but it opposes Pluto today, so it may feel as if all your power has been drained. Take it easy.

**Virgo**

Aug. 24 - Sept. 23

Someone may not be showing you the respect you deserve but don't let it get to you. It is not what they do or say that matters but how you choose to react to it. Treat them with the contempt they deserve.

**Libra**

Sept. 24 - Oct. 23

You know what needs to be done, so why don't you get on and do it? Maybe it's because you sense you won't get any help at all. Relax, you don't have to do it all today.

**Scorpio**

Oct. 24 - Nov. 22

You may not get the support you need today. There is no point getting annoyed about it because the planets indicate your friends can't help even themselves at the moment, never mind help you.

**Sagittarius**

Nov. 23 - Dec. 21

You rarely avoid a fight but the planets warn you would be wise to back off in the face of someone's belligerence today. Let them have their say and act a fool. It's no loss for you.

**Capricorn**

Dec. 22 - Jan. 20

Pluto in your sign is opposed by the Sun today, which means you must be careful how you use your authority. Just because you have the power to make something happen does not mean you have to.

**Aquarius**

Jan. 21 - Feb. 19

If you have to choose between competing offers today, go for the one that makes fewer demands on your time and energy. At work especially, try to avoid anything that requires you to exert yourself.

**Pisces**

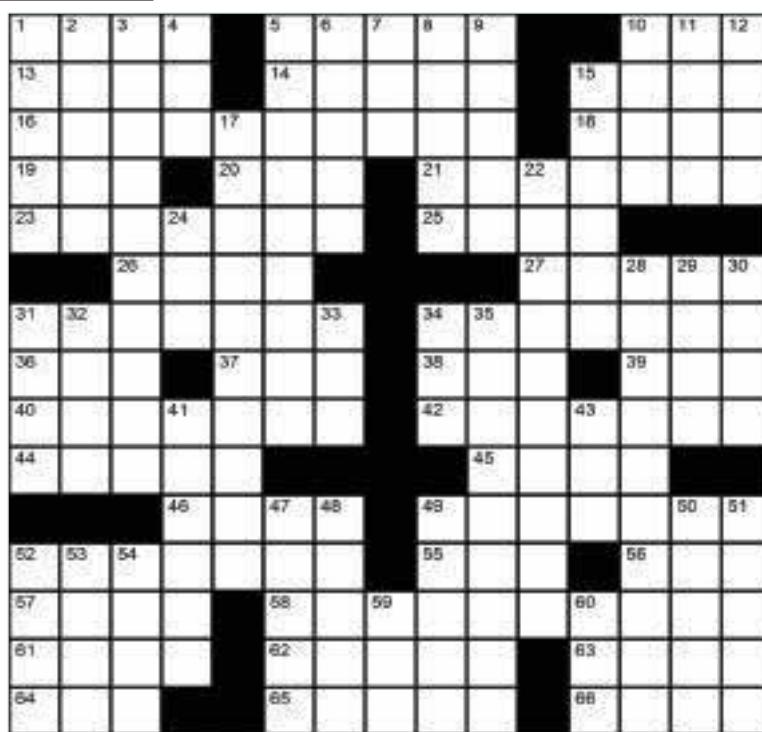
Feb. 20 - March 20

A project will come in for criticism today and you should listen and learn. However, having done so you must then make a decision and act on it. The last word must always be your own. **SALLY BROMPTON**

**Crossword: Canada Across and Down**

Across

1. Jennifer or Cynthia (Canadian actresses/sisters)
5. Mr. Kinnear's
10. Loud sound!
13. "Last one \_\_\_ a rotten egg!"
14. Convey
15. Musical finale
16. Country's Lady \_\_
18. Comb's comb-ee
19. Pecan
20. Papua New Guinea seaport
21. Shannen of "Beverly Hills, 90210"
23. Kid in "E.T.: The Extra-Terrestrial" (1982)
25. Singular of 'Inuit'
26. Goth/rock fans
27. Namesakes of Civil Rights activist Ms. Parks
31. Hindered
34. Toronto's Ed \_\_ Theatre
36. King, in Portugal
37. Actor, Daniel \_\_ Kim
38. "Either he goes \_\_\_ go!"
39. Comedy's Mr. Howard
40. "\_\_\_ X" (1992)
42. Physicians
44. Edgar \_\_ Poe
45. Type of flatbread
46. Investment portfolio item
49. "Friends" character's namesakes
52. Canadian



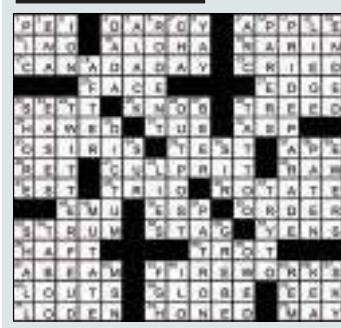
Snowbird Association member, perhaps 62. Made level  
55. Men's deodorant brand  
56. Coin of Vietnam  
57. Desktop symbol  
58. Suburbs area of Montreal: 2 wds.  
61. Electrical resistance units

63. 50 Cent hit: "\_\_\_ Club"  
64. Lake temperature tester  
65. Have a hunch  
66. Broadway musical, Rock of \_\_\_

Down  
1. Journalist Ms. Sawyer  
2. Void  
3. Alanis Morissette's is 'Jagged': 2 wds.  
4. 'Legal' suffix (Lawyer-speak)  
5. Instrument of government, The \_\_\_

of Canada: 2 wds.  
6. Get a new tenant  
7. Ms. DeGeneres, to pals  
8. Spanish architect, Antoni \_\_\_  
9. Chef on ABC's "The Chew", Michael \_\_\_  
10. 'Wild' animal  
11. Mine entrance

**Friday's Crossword**



**Sudoku**

**How to play**  
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

**Friday's Sudoku**

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 | 6 | 2 | 7 | 1 | 9 | 8 | 5 | 3 |
| 5 | 7 | 1 | 2 | 8 | 3 | 9 | 6 | 4 |
| 3 | 8 | 9 | 4 | 6 | 5 | 1 | 7 | 2 |
| 6 | 5 | 8 | 3 | 4 | 7 | 2 | 1 | 9 |
| 1 | 9 | 4 | 5 | 2 | 6 | 7 | 3 | 8 |
| 2 | 3 | 7 | 8 | 9 | 1 | 5 | 4 | 6 |
| 9 | 1 | 3 | 6 | 5 | 8 | 4 | 2 | 7 |
| 7 | 2 | 5 | 9 | 3 | 4 | 6 | 8 | 1 |
| 8 | 4 | 6 | 1 | 7 | 2 | 3 | 9 | 5 |

|   |   |   |   |   |
|---|---|---|---|---|
| 2 | 6 | 7 |   |   |
| 1 | 3 | 9 | 7 | 5 |
| 9 | 1 | 4 | 7 |   |
|   |   |   | 7 |   |
| 5 |   | 6 | 3 | 8 |
| 7 |   | 1 | 9 | 6 |
|   | 6 |   | 2 | 5 |
| 1 |   | 4 | 8 |   |

**Weather**

TODAY

WEDNESDAY

THURSDAY



MAX: 31°  
MIN: 17°



MAX: 31°  
MIN: 18°



MAX: 29°  
MIN: 21°

JENNA KHAN  
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



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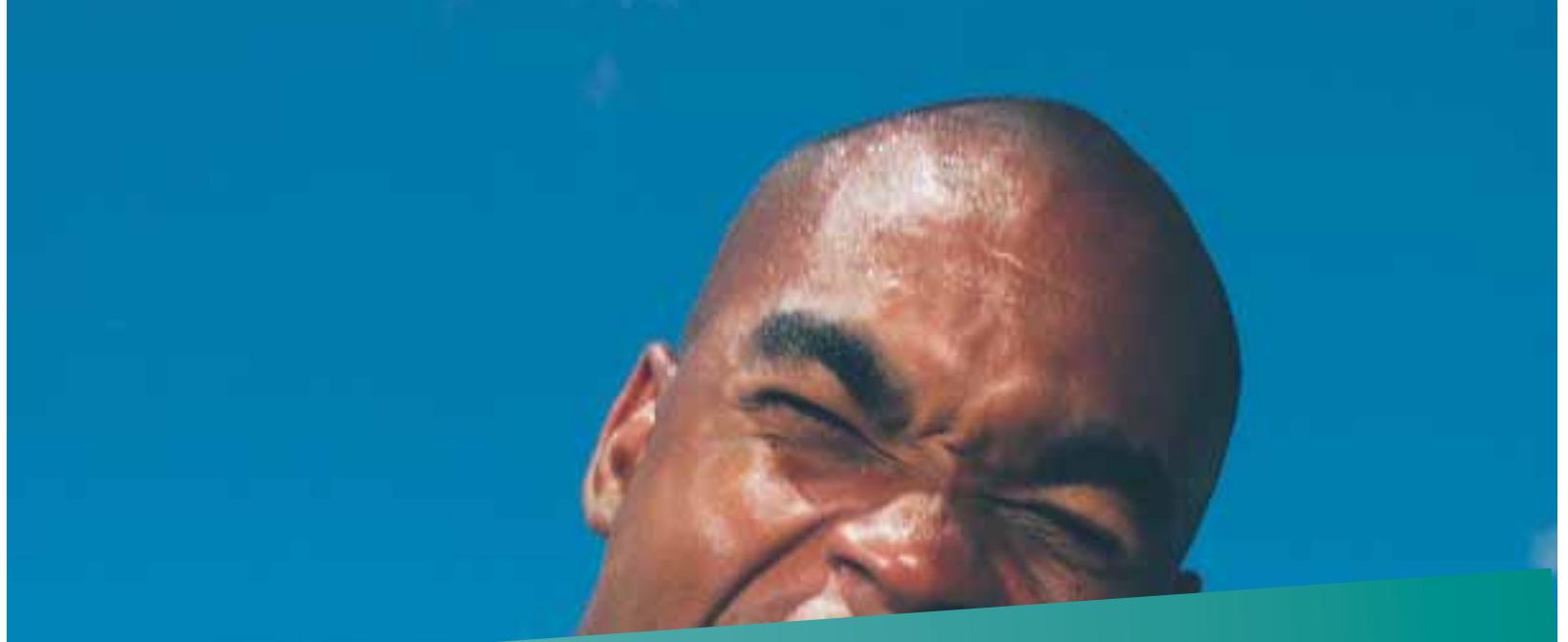
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